

Choosing Fish

Kitchen

How to tell fresh fish, and how each type suits cooking.

Signs of freshness, and how oiliness changes the method.

Fresh signs

Eyes clear and domed, not sunken

Gills bright red

Flesh springs back when pressed

Skin shiny, scales intact

Smells of the sea

Oily fish

Salmon, mackerel, sardines, tuna

High omega-3

Grills and bakes well

Stronger flavour

White fish

Cod, haddock, plaice, sea bass

Lean, delicate

Poaches and fries well

Overcooks quickly

Fish is done when it flakes and turns opaque — around 63°C. It continues cooking after it leaves the heat.